

Critical review of Marmas located at Netra region**Dr. Sandesh Dilip Arekar**

Assistant Professor

Rachana Sharir Department

Dr. J.J. Magdum Ayurved Medical College Jaysingpur

- Dr. Pramod Appasaheb Budruk

- Professor & Hod

Rachana Sharir Department

Dr. J.J. Magdum Ayurved Medical College Jaysingpur

Abstract :

Ayurveda is a branch of science which deals with maintaining the health of the body and prevention of formation of any disease. Its knowledge is presented through various branches like Rachana sharir, Kriya Sharir, Shalyatantra, Shalakya tantra, Rasa Shastra and Bhaishajya Kalpana etc. Netra is an important sense organ and it is very essential for perception of knowledge. It gives 80 % of knowledge. So its normalcy is required for well being. Four types of marma are located in the eyes like Apanga marma, Aawarta marma, Sthapani marma and Srungatak marma. Any injury or trauma (called as marmaghat) to this place causes vision deformity or night blindness. So information of this marma is essential during surgical procedures to avoid any further damage to valuable eyes.

Keywords: Ayurveda, Rachana, Marma, Netra, blindness.

Introduction:

Ayurveda is one of the popular ancient system of life, health and cure. This system of knowledge flourished through over 5000 years and has had an unbroken tradition of practice down the ages update. This is based on its own unique & original concepts and fundamental principles. The basic and applied knowledge of Ayurveda has survived to the present times through its various branches like Rachana sharir, Kriya sharir, Kaychikitsa, Shalya tantra, Shalakya tantra, Dravya Guna, Bhaishajya Kalpana, Rasashastra etc.

Sharir means 'human body' and rachana means 'Structure'. So sharir rachana is the branch of Ayurveda which deals with the knowledge of structure of human body. Acharya Charaka, Sushruta and Vagbhata have mentioned shareerasthana separately in their respective samhitas. Physicians who wants to become perfect in the field of science of life must be in the science of human anatomy.

Every organ in the body is important in its own way. Among those, sense organs play a crucial role. According to Ayurveda, Netra is an Indriya among panchendriya. ¹ Indriyas are capable of perceiving their objects only when they are supported by mind,

through which knowledge is perceived or memorized. ² Netra is a very precious organ of our body. We are using it throughout the life and it is working for us without taking break. So there is need of taking care of eyes. Acharya Vagbhata has also said that we should take all possible preventive measures for protection of our eyes. If we see any blind man, we can understand that the day and night will be exactly same for him. The world surrounding him will be meaningless for him without eyes, though he is rich man or he has more wealth. ³ There is detailed description of Netra in Ayurveda. It is the main asset of Ayurveda. It describes that *Doshas* propagate through *siras* towards head region in upward direction and enters in eyes and produces diseases related to eyes. These diseases are classified upon the *dosha* dominance, location, prognosis or surgical methods used to cure it.

Mostly about 80 % of the our knowledge is based on visual perceptions. Due to this, it is an essential aid for gaining valuable knowledge. The concept of marma is an unique feature of our Ayurveda. Trauma to this structure will cause serious complications in the body definitely. Our Netra has Apanga, Aawarta, sthapani, Srungataka marmas. These all are important due to their location. We will see the relation between Netra and

all above marmas & its diagnostic, prognostic, therapeutic purposes in this article.

Aim

To study in detail marmas of Netra.

Objective:

1. To take various references related to marmas in Netra region in various Ayurvedic Samhitas.
2. To understand this information of position, dimension and symptoms after trauma to these marmas.

Material and Methods:

Literature review is done through all available Ayurvedic Samhitas, texts, various research papers available in Journals and online data available.

Review of literature:

Netra –

Sushrut Samhita has detailed descriptions of Netra in detail. These are about nineteen chapters in Uttartantra to give the medical and preventive aspects of Netra.

मण्डलानि च सन्धिश्च पटलानि च लोचने |

यथाक्रमं विज्ञानीयात् पंच षट् च षडेव च ||(सु.उ.१/१४)

Netra is one of the important sense organ. It has 5 mandal, 6 sandhi and 6 patal. ⁴

नेत्राश्रितं तु तेजो.....कर्मण्यः भवति |(अ.सं.सु.५/५५)

There is dominance of Teja mahabhuta in the Netra. ⁵

Marma –

मर्माणि नाम मांससिरास्नाय्वस्थिसन्धिसन्निपाताः,

तेषु स्वभावात् एव विशेषेण प्राणातिष्ठन्ति ,

तस्मान्मर्मस्वभिहतास्तास्तान् भावानापध्यन्ते ||(सु.शा.६/२२)

Marmas are the typical places in the body where there is an inseparable union of mamsa, sira, snayu, asthi and sandhi. In this location of marma, prana vayu resides naturally. Due to this, if there is any trauma or harm to this marma, it results in formation of respective symptoms according to its location. There are total 107 marmas described in Sushrut Samhita and marmas in Charak Samhita. ⁶

Marmas related to Netra:

Apanga Marma –

भ्रुपुच्छान्तयोरधोऽक्ष्णोर्बाह्यतोऽपांगो नाम, तत्रान्ध्यं दृष्ट्युपघातो वा |

....(सु.शा. ६/३७)

- a) They are present two in number.
- b) It is of Vaikalyakar /sira type.
- c) It is located at the end of eyebrows on outer aspect of eye.
- d) Any serious trauma to this marma results in loss of sight or blindness.
- e) It has ½ angula dimension.
- f) It has anatomical structures like ophthalmic artery and branch of ophthalmic nerve. This ophthalmic nerve supplies cornea, ciliary body, iris, conjunctiva and skin of eyelids. The lacrimal branch of ophthalmic artery runs along the superior margins of lateral rectus muscle, supplies eyelids, conjunctiva and lacrimal glands. ⁷

Aawarta Marma :

भ्रुवोरूपरी निम्नयोरावर्तो नाम, तत्रान्ध्यं दृष्ट्युपघातो वा |

....(सु.शा.६/३७)

- g) They are present two in number.
- h) It is of Vaikalyakar /sira type.
- i) It is present above the eyebrows.
- j) Any serious trauma to this marma results in loss of sight or blindness.
- k) It has ½ angula dimension.
- l) It has anatomical structures like supra orbital artery and deep temporal artery. ⁸

Sthapani Marma :

भ्रुवोर्ममध्ये स्थपनी नाम, तत्र उत्पेक्षवत् ||(सु.शा.६/३७)

- m) They are present two in number.
- n) It is of Vaikalyakar /sira type.
- o) It is present between the eyebrows.
- p) If any foreign body is penetrated in this marma and if it is removed, it causes death of the person. The pulling out of foreign body causes leakage of the CSF which in turn gives rise to infection.
- q) It has ½ angula dimension.
- r) It has anatomical structures like frontal sinus, Crista galli and superior sagittal sinus. ⁹

Srungatak Marma :

घ्राणश्रोत्राक्षिजिह्वासन्तर्पणीनां सिराणां मध्ये सिरासन्निपातः श्रृंगाटकानि तानि

चत्वारि मर्माणि, तत्रापि सद्योमरणं |(सु.शा.६/३७)

- s) They are present four in number.
- t) It is of Sadya Pranahar /sira type.

- u) It is present at anastomosis between arteries supplying nose, ear, eye and tongue.
- v) Trauma to this marma causes death.
- w) It contains anatomical structure like circle of Willis, Sinuses confluence.
- x) It has blood supply from Nose- branch from internal and external carotid, Ear labyrinthine (basilar), Eye- central artery of retina (internal carotid), Tongue – external carotid.⁹

Discussion –

Marmas are the most vital energy points and Netra are the most important sense organ in the body. These both are essential for the normal health. All the anatomical structures are described with the view of physiological aspects. Injury to any marma causes alteration in Physiology of related organs. Any trauma to marmas related to Netra like Apanga, aawarta, sthapani and Sringataka marma causes impaired Function of eyes like any visual deformity or night blindness. So knowledge of this marmas is very essential and beneficial in prevention of any disease. This places should be avoided during surgical procedures to prevent any disastrous effects to eyes.

Conclusion –

In order to maintain the health condition of eyes, to prevent any complications, it is very essential to know the structures related to the eyes and to know the location, its importance, further effects after damage of the all marmas of eyes. Apang marma and Aawart marma are directly located to the Netra region and sthapani and srungatak marma are located in the periphery of Netra. Any injury to marma (marmaghat) causes vision deformity, night blindness or permanent vision loss.

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